



2970033141 - Idahoan Buttery Homestyle Cup--10Ct / 1.5 Oz

Convenient, portable, easy to prepare cup. Good for on the go snack, lunch, and dinner.

Brand: Idahoan®



Nutrition Facts

Serving Size 1.5 oz (43g)

Amount Per Serving

Calories 170	Calories from Fat 25
% Daily Value*	
Total Fat 4.5 g	6%
Saturated Fat 3 g	15%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 690 mg	30%
Potassium 400 mg	8%
Total Carbohydrate 29 g	11%
Dietary Fiber 2 g	7%
Sugars 2 g	
Protein 3 g	
Vitamin A 0 IU • Vitamin C 6%	
Calcium 40 mg • Iron 0.6 mg	
Vitamin D 0.1 mcg •	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbs.		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Nutritional Claims: Gluten Free

Ingredients

Idaho® Potatoes, Vegetable Oil (Coconut, Sunflower), Maltodextrin, Salt, Sugar, Buttermilk Powder, Nonfat Dry Milk, Butter (Cream, Salt), Monoglycerides, Calcium Stearoyl Lactylate, Natural Flavors. Freshness Preserved By Sodium Acid Pyrophosphate, Sodium Bisulfite, Citric Acid, And Mixed Tocopherols.

Case Specifications

GTIN	10029700331419	Case Gross Weight	1.74 LB
Pack Size	10 / 1.5OZ	Case Net Weight	0.94 LB
Shelf Life	365 Days	Case L,W,H	20.86 IN, 8.13 IN, 3.20 IN
Tie x High	9 x 15	Cube	0.34 CF

Preparation and Cooking

Reconstitute: Remove lid completely. Add cold water to fill-line in cup. Stir thoroughly. Microwave uncovered on high for 1 1/2 minutes. Stir well and let stand for 1 minute.

Serving Suggestions

Single serve item. Serve straight from the microwable container you cook in.

Packaging and Storage

Store away from direct heat, in a cool dry location, away from strong contaminating odors. Storage conditions should not exceed 80 degrees F and 60%

Allergens

CONTAINS:
Milk or Milk Derivatives

FREE FROM:
Crustaceans or Crustacean Derivatives, Eggs or Egg Derivatives, Fish or Fish Derivatives, Peanuts or Peanut Derivatives, Sesame seeds or Sesame seed Derivatives, Soybeans or Soybean Derivatives, Treenuts or Treenut Derivatives, Wheat or Wheat Derivatives